

Sample Hot Breakfast Menus for CACFP Adult Day Care Centers

These sample breakfast menus for CACFP adult day care centers reflect the meal pattern requirements of the U.S. Department of Agriculture's (USDA) final rule, [Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010](#). The CACFP adult breakfast meal pattern requires 1 cup of milk (unflavored low-fat (1%), unflavored fat-free, or flavored fat-free); ½ cup of vegetables, fruits, or both; and 2 ounce equivalents (oz eq) of grains. Meat/meat alternates may substitute for the entire grains component up to three times per week. For information on the CACFP adult meal patterns, refer to the Connecticut State Department of Education's (CSDE) handout, [CACFP Meal Patterns for Adults](#), the CSDE's guide, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#), and visit the CSDE's [Meal Patterns for CACFP Adult Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages.



The types of foods purchased and the recipes and preparation techniques used by the CACFP facility will determine whether local menus meet the CACFP meal patterns. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) to determine the amount of purchased food that meets the required serving for each meal pattern component. A Child Nutrition (CN) label or manufacturer's production formulation statement (PFS) must be on file to document the meal pattern contribution of all commercial processed foods served in CACFP menus. A recipe must be on file to document the meal pattern compliance of foods made on site. For more information on crediting documentation, refer to the CSDE's resources, [Accepting Processed Product Documentation in the CACFP](#), [Using Child Nutrition \(CN\) Labels in the CACFP](#), and [Using Product Formulation Statements in the CACFP](#); and visit the "Crediting Commercial Processed Products" section and "Crediting Foods Prepared on Site" of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

Abbreviations

M = milk component

G = grains component

FV = vegetables and fruits component

MMA = meat/meat alternates substitute for grains ¹

A = additional creditable food (not full serving)

O = other food (noncreditable)

WGR = whole grain-rich

Tbsp = tablespoon

c = cup

tsp = teaspoon

oz = ounce

oz eq = ounce equivalent

Refer to page 4 for menu planning notes. For information on noncreditable foods, refer to the CSDE's resource, [Noncreditable Foods in CACFP Adult Day Care Centers](#). For a list of resources with guidance on meeting the CACFP meal pattern and crediting requirements, refer to the CSDE's resource, [Resources for the CACFP Meal Patterns](#). For a summary of the crediting requirements for each component, refer to the CSDE's [Crediting Summary Charts for the CACFP Adult Meal Patterns](#).

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	M 1 cup	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)
	G 2 oz eq	Scrambled eggs (1 large) ¹ MMA	Toasted whole-grain English muffin (2 oz) ² WGR	Oatmeal (1 c) ³ WGR	Hot bread pudding: enriched bread (2 oz) ²	Whole-grain pancakes (3 oz) ² WGR
	FV ¹ / ₂ cup	Hash-brown potatoes (¹ / ₂ c)	Sliced strawberries (¹ / ₂ c)	Blueberries (¹ / ₂ c)	Mandarin oranges in juice (¹ / ₂ c) ⁵	Warm cinnamon apple slices (¹ / ₂ c)
	A		Low-fat cheese (¹ / ₂ oz)		Vanilla yogurt (¹ / ₄ c) ⁴	Syrup (¹ / ₂ Tbsp)
	O	Jelly (1 tsp) or margarine (1 tsp)		Brown sugar (1 tsp)		
Week 2	M 1 cup	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)
	G 2 oz eq	Breakfast pizza: whole-wheat pita (2 oz) ² WGR	Enriched cream of wheat cereal (1 c) ³	Avocado Toast: whole-wheat toast (two 1-oz slices) ² WGR	Hot spiced quinoa (1 c) ² WGR with berries	Cinnamon noodle kugel: enriched noodles (1 c) ²
	FV ¹ / ₂ cup	Pineapple-orange juice (¹ / ₂ c) ⁵	Sliced pears (¹ / ₂ c)	Fresh peach slices (¹ / ₂ cup)	Diced strawberries (¹ / ₂ c)	Canned apricots in juice (¹ / ₂ c) ⁵
	A	Pizza sauce (2 Tbsp) Low-fat mozzarella cheese (1 oz)		Fried egg (1 large) Mashed avocado (¹ / ₄ cup)		
	O		Brown sugar (1 tsp)	Honey (1 tsp)		
Week 3	M 1 cup	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)
	G 2 oz eq	Cheese quiche: eggs (1 large) ¹ MMA , enriched crust (2 oz) ²	Cinnamon oatmeal (1 c) ³ WGR	Whole-grain waffles (3 oz) ² WGR	Hot whole-grain cereal (1 c) ³ WGR	Warm whole-grain granola (1 ¹ / ₂ c) ³ WGR
	FV ¹ / ₂ cup	Sliced oranges (¹ / ₂ c)	Diced apples (¹ / ₂ c)	Seasonal berries (¹ / ₂ c)	Diced peaches in juice (¹ / ₂ c) ⁵	Mango chunks (¹ / ₂ c)
	A		Raisins (¹ / ₂ Tbsp) ⁶			
	O			Syrup (1 Tbsp)	Brown sugar (1 tsp)	Low-fat yogurt (¹ / ₈ c) ⁴

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	M 1 cup	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)
	G 2 oz eq	Warm enriched banana bread (4 oz) ²	Enriched cornmeal pancakes (3 oz) ²	Apple cinnamon oatmeal (1 c) ³ WGR	Veggie omelet: eggs (2 large) and cheese (½ oz) ¹ MMA	Toasted cheese triangles: whole-grain tortilla (2 oz) ² WGR
	FV ½ cup	Papaya slices (½ c)	Warm blueberry sauce (¼ c blueberries) Orange juice (½ c) ⁵	Sliced strawberries (½ c)	Peppers and mushrooms (¼ c) Tangerine segments (½ c)	Veggie salsa (¼ c) Sliced green grapes (½ c)
	A			Raisins (1 Tbsp) ⁶		Low-fat shredded cheese (1 ounce)
	O					
Week 5	M 1 cup	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)
	G 2 oz eq	Whole-grain French toast (4½ oz) ² WGR	Scrambled eggs (2 large) ¹ MMA with spinach and mushrooms	Grilled ham (1½ oz) and cheese (½ oz) ¹ MMA on roll	Apple cinnamon oatmeal (1 cup) ³ WGR	Toasted whole-grain bagel (2 oz) ² WGR
	FV ½ cup	Banana slices (¼ c) Blueberries (½ c)	Spinach, cooked (¼ c) Mushrooms (¼ c)	Pineapple tidbits in juice (½ cup) ⁵	Sliced peaches (½ cup)	Cantaloupe slices (½ c)
	A		Fresh veggie salsa (¼ c)	Whole-wheat roll (1 oz) ² WGR		
	O	Syrup (2 Tbsp)				Margarine (1 tsp) and jelly (1 tsp)

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Menu planning notes

- ¹ Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. A 2-ounce serving of meat/meat alternates substitutes for 2 oz eq of the grains component. For more information, visit the USDA's webpage, [Serving Meat and Meat Alternates at Breakfast](#). The USDA's *CACFP Best Practices* recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese. Commercial processed products require a CN label or PFS to credit. For more information, refer to the CSDE's resources, [Using Product Formulation Statements in the CACFP](#), [Crediting Commercial Meat/Meat Alternates in the CACFP](#), and [Crediting Deli Meats in the CACFP](#). For information on the meat/meat alternates component, visit the "Meat/Meat Alternates Component" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- ² To credit as the grains component, a whole grain, enriched grain, bran, or germ must be the first ingredient or the greatest ingredient by weight. For information on identifying creditable grains, refer to the CSDE's resources, [How to Identify Creditable Grains in the CACFP](#), [Crediting Whole Grains in the CACFP](#), and [Crediting Enriched Grains in the CACFP](#), and visit the "Grains Component" section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage. At least one serving per day must be WGR. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. WGR foods for the CACFP contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, refer to the CSDE's resource, [Whole Grain-rich Criteria for the CACFP](#), and visit the "Whole Grain-rich Requirement" section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage. Grain-based desserts cannot credit. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers such as graham crackers and animal crackers are not grain-based desserts. However, the CSDE recommends not serving sweet crackers more than twice per week between all meals and snacks. For more information, visit the USDA's webpage, [Grain-based Desserts in the CACFP](#). Grains must meet the required weights (groups A-E) or volumes (groups H-I) in [Grain Ounce Equivalents for the CACFP](#), or provide the minimum creditable grains per serving. For more information, refer to the CSDE's resource, [Calculation Methods for Grains Ounce Equivalents for the CACFP](#), and visit the "Serving Size for Grains" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- ³ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals in the CACFP](#). The required amount for 1 oz eq is 1 cup of flakes or rounds, 1¼ cups of puffed cereal, and ¼ cup of granola.
- ⁴ Yogurt and soy yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, refer to the CSDE's resource, [Crediting Yogurt in the CACFP](#).
- ⁵ Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. Juice includes fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For more information, refer to the CSDE's resources, [Crediting Juice in the CACFP](#) and [Crediting Smoothies in the CACFP](#). The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice.
- ⁶ Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. The minimum creditable amount for the fruits component is ⅛ cup, which equals 1/16 cup or 1 tablespoon of dried fruit. Amounts less than 1 tablespoon of dried fruit do not credit.

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For more information on the CACFP adult meal patterns, review the CSDE's guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*, and visit the [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/AdultMenuBreakfastHot.pdf>.

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